

Here's how the What's Inside Guide can help you keep tabs on what you're eating:



This figure tells you how many grams/calories there are in one serving or portion of your food.

This is the percentage of your overall Guideline Daily Amount that you are about to eat.

www.whatsinsideguide.com

**Guideline
Daily
Amounts
for an
average
healthy
adult or
child**

An adult's guideline daily amount is:

Calories
2000

Sugars
90g

Fat
70g

Saturates
20g

Salt
6g

A 5-10 year old's guideline daily amount is:

Calories
1800

Sugars
85g

Fat
70g

Saturates
20g

Salt
4g